A briefe Tre

called Caries fare

Phyſicke: wherein a

be found diuerſe rare and

ciall helps for manie or-

dinarie diſeaſes.

Published by Walter Carie, for the common vſe and benefit of his countrie.

Ecclus. 30. 15.

Health and ſtrength is aboue all gold, and a ſound bodie aboue infinite treaſure.

Newlie printed by *Henrie Denham, dwelling in Puter* Noſter rowe, at the ſigne *of the Starre.*

1583.

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Authors verſe.

h health, and dooth deſpiſe
eane to keepe and gaine the ſame,
ke, force not his cries,
makes him too too blame;
his purſe, and teach him ſaie,
ickes vaine, awaie awaie.

thats fluſh and fethered,
e thoolting time will neuer bee?
e doleſull mew dooth not he dred,
Who ſores as high as thou canſt ſee;
Mans ſtate is fraile, Phyſicians loue,
Health got they keepe, and greefs remoue.

Walter Carie.

MVSEVM
BRITAN
NICVM

To

To the Reader.

FOr that I am now fullie re-
ſolued (gentle Reader) for ſun-
drie cauſes to leaue the prac-
tiſe of Phyſicke, contenting my ſelfe
with that ſmall portion, wherewith all
GOD hath otherwiſe bleſſed me; I haue
thought it my dutie to vſe ſome meanes,
whereby I may either in like, or more
ample ſort (according to my poore ta-
lent) benefit my countrie. Wherevpon
I haue publiſhed this ſhort worke, there-
in reuealing diuerſe good and perfect re-
medies, for manie common and ordina-
rie diſeaſes.

My meaning was not to write of all,
but of thoſe onlie, in the which I haue had
greateſt experience. And although both
in the deſcription (deſiring to be more
plaine) and cure thereof, I digreſſe ſome-
what from manie writers: yet I wiſh
thee nor raſhlie to condemne mee. But

nie thing herein con-
y mind, and deliuer it
ter, and I will be verie wil-
y writing againe to satisfie
ee; or otherwise thankful-
lie to accept thine ad-
uise, and confesse
my fault.

FINIS.

For the headach, Cap. 4.
For such as are much bound or costiue, & haue their excrements alwaies hard and drie, cap. 4.
For the swimming of the hed, cap. 4.
For sore and red eies, cap. 4.
For red faces, cap. 5.
For the morphew, cap. 5.
For those that are troubled with biles, scabs, itches, or such like, cap. 6.
To preuent the pocks and measels in children, cap. 6.
For those that are ful of fleame, ca. 7.
For the cough & for the shortnes of breath, cap. 7.
For an heat and a cold, cap. 7.
For those who are toward the consumption of the lungs, cap. 7.
For a surfet, cap. 8.
For the hart-burning, cap. 9.
For continuall vomit, cap. 9.
For those that haue no appetite to meate, cap. 10.
For those who are troubled with the gnawing of the guts or stomach,

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alſo for the collicke and wind, and all corruption which cauſeth wind, cap.11.
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FINIS.

Of a potion which is to be vſed in ſundrie cures.

The firſt Chapter.

IN this firſt chapter, I mind to ſpeake of a potion, or purgatiõ, which in ſundrie cures (as hereafter doth appeare) is to be vſed. And whereas nature hath brought forth purgers of diuerſe kindes, according to the diuerſitie of corruption in mans bodie; ſome purging one humor, ſome another, &c. I haue made choiſe of the beſt and ſafeſt, to be taken in euerie kind; alſo in ſuch ſort prepared and corrected them, as they ſhall be found verie fit, without all danger, paine, or veration whatſoeuer, to anſwer the neceſſitie of ſuch, whoſe bodies of anie maner of corruption require to be purged.

I firſt deuiſed this potion about eight

yéeres since, & séeing the gentle working and good successe therof with few, I grew in further liking of the same. And therewpon hauing giuen it to manie, and that in sundrie diseases, I found it to be of such excellencie, the vertue thereof so wonderfull, and so well pleasing my patients, that I did preferre it before all the rest. For it cureth diuerse griefes of the head, also red and watering sore eies, it cleanseth the stomach, and cureth the hart-burning, it prouoketh a good appetite, and helpeth digestion, it is good against the rheume, the obstruction of the lungs, the cough, & shortnesse of breath; it cleanseth those, who are troubled with biles, scabs, itches, or such like; it cureth the collicke, and preuaileth greatlie against wind; it is good in the blacke and yellowe Jandise; it helpeth the inflammation of the liuer; in the Gréene sicknes it is a présent helpe, and excellent against all Feuers, and diuerse other diseases. And to conclude, my long experience hath so persuaded mée of the goodnesse thereof, that I thinke I should do my countrie-men much wrong, if I should anie longer kéepe from them so great a treasure,

The

The vse thereof shall be declared in euerie chapter, where I intreate of the diseases particularlie.

I haue deliuered my bill, for the making of the same, vnto Maister Graie Apothecarie in Fanchurchstreete; for that I haue made long triall of his honest and faithfull dealing; also of his excellent skill in his profession. You shall haue it for six shillings the wine pint.

It may be kept good, and in perfect vertue three weekes, or a moneth, contrarie to the nature of other purgers. If anie man mind to carrie it far, let him signifie so much to Maister Graie, that it may be prouided of purpose.

¶ Answeres to such obiections, as may be made against the vse of this potion.

The second Chapter.

IT will perhaps be obiected against mee, that it is verie vnlikelie, that one medicine should be good for so manie diseases.

To which I answer, that we haue receiued of our old and excellent writers, diuerse confections, wherein are conteined

ned sundrie purgers; whereof some purge fleame, some choler, and others melancholie. So that I conclude, of necessitie they are good in all flegmatike, cholerike, and melancholike diseases, which are infinite. And following their example, I haue made my potion of like nature.

2 Further, it may be obiected, that some require to be purged with strong purgations; others with gentle: for children, and they which are brought to great weakenesse, either by age, or by sicknesse, must be mildlie vsed: but others, as the person and disease require, more roughlie. Wherefore, how can one potion serue for both? Hath it two contrarie natures? Is it both strong and gentle?

I answer, that where the disease or person require a strong purgation, I giue it in the greater quantitie, and the oftener: but where a gentle purgation is required, I giue the lesse, as hereafter doth appeare.

3 Thirdlie, it may be obiected, that in some diseases, of the stomach especiallie, the patient is to be purged with pilles, electuaries, or such like; which being of more grosse substance than a potion, continue longer in the place where the corrup-

tion

tion is, and worke effectuallie: whereas a thin potion slippeth awaie, leauing the worke vndone.

I answer, when I prescribe my potion for purging the stomach, I wish my patient to take it one houre before he rise: for lieng in his bed, it cannot more suddenlie passe the stomach, than your grosser sort of purgers, and then no doubt it will far excell pilles, electuaries, &c. For being a thin substance, it will verie easilie ioine with the corruption, which it findeth in the stomach, and dissolue the same: whereas these grosser medicines require first to be dissolued themselues, which is no small trouble to nature.

4 Fourthlie, it may be obiected, that I prefer my potion before the receipts of diuerse excellent and famous men, which haue béene alwaies estéemed euen as fathers of Physicke.

I must néeds confesse, that whatsoeuer I haue, I haue it from them. But notwithstanding, I hope no man thinketh nature barren, or that she hath spent hir selfe in our fathers, and left nothing for their children. I haue both read and practised, according to that which I found in

these

these excellent men, and haue héerein onelie added to their inuentions. So that, if you receiue anie benefit by this potion, or by ought else which here you shall find, ascribe the honour vnto them: I craue nothing, but accept my labour as sufficient recompense for my paines.

Certeine obseruations.

The third Chapter.

1 IN taking of my potion, thou néedest not kéepe thy chamber, nor house strictlie, as in strong purgations; but maist walke abroad, if otherwise thy disease be no let vnto thée.

2 Thou néedest not make anie curious obseruation of times for the taking thereof: onlie I aduise thée to forbeare euerie change and full of the moone, in which are conteined the eclipses. For the eclipse of the sunne, is but the change of the moone, (although of more force than the ordinarie change) neither the eclipse of the moone, other than the perfect opposition or full.

3 It may be taken cold, of such, whose stomachs can not beare the sauour of Physicke; but haue their natures glutted with often taking of medicines.

4 If

4 If a child and an elder bodie be ſicke, both of one diſeaſe, in which the potion is to be taken; let the child take leſſe, and haue fewer ſtooles; but the elder more. For as a ſmall veſſell is ſoner emptied than a greater, conteining a greater quantitie: euen ſo is the bodie of a child ſoner purged, than the bodie of one of riper yéeres; eſpeciallie, for that in a child the humors are more moiſt and fluxible.

5 They, whoſe bodies are full, and as it were loaden with corruption, ſhall find wonderfull eaſe, if they take it ten daies in the fall, and ten daies in the ſpring; as alſo now and then one good ſpoonefull before ſupper, which will gather togither the relikes of digeſtion, with other corruption, and cauſe the patient to haue the next morning one great ſtoole.

6 Take ſome broth within two houres, or leſſe, after the taking of the potion, or a cawdell, or ſome like ſupping.

7 The patient ought not to ſléepe, within thrée houres after the taking of the potion.

8 A child of thrée yéeres old may take of it verie ſafelie.

9 If it offend thy taſte, vſe ſugar, or

wash

wash thy mouth with wine, or some other like thing; which I referre to thine owne discretion.

10 If thy bodie be drie, and such as a purgation will hardlie worke withall; thou must take the greater quantitie.

11 If thy bodie be verie moist, and ouer apt to be purged; thou canst not take to little.

12 To find a proportion betweene thy bodie and the potion, take first three, foure, or fiue spoonefulles fasting, & marke how manie stooles that quantitie giueth thee. If it giue thee more than thou wouldest haue, take lesse the next date; if it giue thee fewer, take more. By this meane, when I shall hereafter, in anie disease, aduise thee to take so much as shall giue thee foure, fiue, or six stooles, more or lesse, thou shalt be able, by this rule, to prescribe thy selfe the quantitie. But for the most part (thy bodie being neither verie drie and melancholie, neither ouer moist and exceeding easie to be purged) euerie good spoonfull will cause and prouoke one stoole.

13 During the time of taking the potion, especiallie if thou take it long, to

cause

cauſe a generall euacuation of thy bodie, abſteine from thoſe things which are verie hot; as wines, ſpices, ſalt, and ſalt meats, &c. Alſo from all rawe fruites, greene hearbs, and all cold things; or at the leaſt, vſe of theſe as little as thou maiſt. For thy bodie being emptied, it is verie requiſit thou make ſupplie with thoſe things, which are of good nutriment, and fitteſt to breed good blood. For otherwiſe, it is but vaine to take awaie that which is bad, and to fill the place with that which is worſſe. Wherefore let thy drinke be ale, thy bread of the fineſt of good wheate, whereof alſo eate verie little; thy meates for the moſt part boiled, and ſuch as are fine and light of digeſtion.

14 In anie wiſe read and marke well theſe rules, before thou take of the potion.

For the Headach, and for ſuch as are much bound, and haue their excrement alwaies hard and drie; alſo for the ſwimming of the head, and for red and ſore eies.

The

The fourth Chapter.

1 THe Headach proceedeth of diuerse causes. First of heat, and chiefly of the sunne, which heateth the braine and bloud about the head; and this kind of Headach is said to be of heat alone, without the mixture of anie humor causing the same.

2 The second kind of Headach (contrarie to the first) is of cold alone, and happeneth most to those, who hauing long vsed to kéepe their heads warme, suddenlie take cold. But because these two kinds happen seldome, also for the most part staie not long, and the causes being knowen, may easilie be preuented; I write nothing touching the cure of the same.

There are also diuerse other griefes of the head, but mine intent is to speake here, onelie of the cure of those which followe.

3 The third kind of headach is of fulnesse, when the partie liuing in great securitie, some and some féedeth his bodie excessiuelie; euen vntill his eies swell with fatnesse, and his whole bodie be puffed vp like a bladder.

4 The

The fourth kind is of corrupt humors, which abounding in great quantitie, are the verie preſent cauſe alone of the headach, without anie other accidentall matter.

For cure of this third and fourth kind take of my potion, ſo much as ſhall giue thée three, foure, or fiue ſtooles a daie, for eight daies or longer, vntill thy head and bodie be well emptied. In this ſort ſhalt thou vſe the potion for the cure of the ſwimming or giddineſſe of the head, and for ſore and red watering eies.

The fift kind is of the fume of corrupt humors, and not of the humors themſelues. For that the corruption lieing in the ſtomach, vnlike caſteth vp to the braine euill fumes, which offend the ſame, being of all other parts the moſt ſenſible. 5

For cure of this fift kind, take of my potion ſo much as ſhall giue thée foure or fiue ſtooles a daie, for three daies, and kéepe thy bed one houre after the ſame, but ſléepe not.

There is alſo one other kind of headach, which proceedeth of the excrement, continuing ouer long in the bodie, whereof I thinke it verie neceſſarie to ſpeake. After 6

thou hast receiued thy food, first nature sucketh from it that which is thin and pure, leauing the rest as grosse and corrupt. And if then it remaine longer in the bodie; the noisome fumes thereof (it being now an excrement, and hauing lost the nature of a nutriment) ascend vp to the braine, and cause the headach; also otherwise (nature being as yet forced to feed therevpon) it greatlie infecteth the bodie. So that it is in reason a thing impossible for him to be long in health; who is much costiue or bound in his bodie.

For cure of this first & last kind, take for x. or xij. daies together (or longer) euerie morning fasting so much of my potion, as shall giue thee one stoole a daie more than ordinarie. And when thou hast brought thy bodie to good order, take alwaie lesse and lesse: for by that means thou shalt toll nature on to do hir worke without helpe. And in anie wise remember, that euerie morning, both while thou vsest the potion, and afterward also, thou offer thy selfe to the stoole, although thou feele no prouocation.

For

For thoſe that haue red faces, pimples, or other corruption riſing in their faces, and for the morphew.

The fift Chapter.

IT may ſéeme verie ſtrange, that one hauing all the reſt of his bodie cleane, and his ſkin faire, (as often times it happeneth) ſhould haue his face onelie, which ought to be the grace and beautie of the man, by corrupt bloud greatlie diſgraced. The moſt common opinion is, that it riſeth of the inflammation of the liuer; which in manie I thinke to be the onelie cauſe. But ſome haue it from their parents, and others by ouer-much drinking; and others, which are verie ſhamefaſt, and their bloud ſomewhat corrupt withall, in this ſort. The bloud in them hath oft recourſe to their faces, and commeth alwaies as a witneſſe to teſtifie of matter in queſtion, and paſſing alwaie againe ſuddenlie, leaueth euer ſome groſſe corruption behind, which nature after doth expell in the place where it was left.

For remedie in this griefe, I haue sought manie things; but vntill of late I neuer found anie which I did account of. And this yeere I made an ointment, which without question is of wonderfull force against the same; you shall haue it made by Maister Graie, for foure shillinges the ounce; it is thus to be vsed.

Euerie night, when thou goest to bed, annoint the places where the pimples or corrupt blood lieth, lightlie ouer with the ointment cold. Thou maist do it most conuenientlie with the top of thy finger, and in the morning moisten thy face with a little new milke, and wipe it: vse this order, and in twelue daies thou shalt find a great alteration. This is also good for the Morphew: for it purifieth and cleanseth the skinne maruellouslie. But it is verie requisite for thee, to take of my potion three or foure daies before thou vse the oile: so much as will giue thee three stooles a daie. For thereby thou shalt draw the course of the humors from thy face.

For thoſe that are troubled with biles, itches, ſcabs, and ſuch like.

The ſixt Chapter.

SOme by nature from their parents, ſome by long and euill diet, others by companie haue their bodies inclined to biles, ſcabs, itches, and ſuch like: all which I will teach thée to cure, euen in as perfect an order as thou maiſt waſh a fowle veſſell with faire water.

Take of the potion, ſo much as ſhall giue thée foure ſtoles a daie, for thrée daies.

The fourth daie take of the rots of the white vine, which thou ſhalt haue at Maiſter Graies for twelue pence the ounce, and boile halfe an ounce thereof, and one whole mace in a pint of ale gentlie halfe an houre: then ad thereto a little ſugar. And let the patient drinke a good draught thereof warme, and keepe his bed, and ſweat thrée houres; and during his ſweat, now and then let him take more of his ale, vntill he haue taken the whole pint; but if

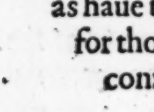
it be a child, lesse; as the age doth require. Use this order three daies together, and longer, if the disease haue beene of long continuance.

☞ Note, that in sweating, the patient must rub his bodie with warme cloathes, to take awaie such corruption as commeth out by sweating.

☞ Note also, that by this means thou maist preuent the pockes and mezels in children, and others, in such sort, as they shall be as vnapt to take them, as they which haue had them.

For those that are full of fleame, also for the cough & shortnesse of breath, for such as haue taken an heat and cold, and for those which are towards the consumption of the lungs.

The seuenth Chapter.



They, whose bodies are full of fleame, and haue their lungs stuffed with the same, or other corruption; so that thereby they are troubled with the cough, are thus to be cured.

Take

Take of my potion for thée daies euerie morning fasting, so much as will giue thée foure or fiue stooles a daie: for thereby thou shalt find thy bodie vnladen of much fleame.

Then take one handfull of the hearbe called Tussilago, or otherwise, Vngula caballina, Lickerish scraped and bruised, two ounces, Aniseed bruised halfe an ounce, Isop foure branches: boile these in thrée pints of water gentlie, vntill halfe be consumed; then straine and put thereto thrée ounces of sugar, or sugar candie, which is better. Drinke hereof a reasonable quantitie, well warmed euerie morning one houre before you rise, for tenne daies after your purging, or longer: for it will cause the fleame to come vp easilie, and is a wonderfull preseruatiue for the lungs, kéeping them from putrifaction.

But otherwise, if you will haue a thing of like or greater vertue, also more readie, more pleasant, and which will last longer in perfect force; take the things aboue mentioned, in such quantities as before: that is, of the leaues of the Tussilago one handfull, Lickerish scraped and bruised two ounces, Aniséed bruised halfe an

ounce, Isop foure braunches, of the herbe commonlie called Rosa solis, halfe an handfull. Steepe these in a quart of verie good malmesie, and let it stand in a reasonable heate by the fire side, close stoped xviij. houres or more. After take it from the fire, and when it is almost cold, straine it, and put thereto a pound and a halfe of fine sugar well beaten, and then let it stand in as gentle an heat as you can, vpon a chafingdish with embers, in a faire pewter vessell, vntill it be verie thicke, alwaies stirring it now and then: it will be well in eight or nine houres. But if thou wilt haue a certeine rule when it groweth to be thicke, drop two or three drops on a cold pewter vessell: and if when it is perfect cold, it be as it were a gellie, and will not run; then it is well. Keepe it in a gallie pot close stoped, somewhat neere the fire.

For the cough, thou shalt vse it in this order. After purging as before, clarifie a draught of ale, and put to it a spoonefull thereof, and drinke it warme and fasting: fast one houre after it, and vse it often.

If anie man be sicke of anie disease, wherin he is also troubled with tough and slimie

ſlimie fleame; let him take now and then a little hereof vpon a knives point, and hold it long in his mouth: ſo that it melt downe ſome and ſome. For thereby the fume thereof, & part of the ſubſtance will paſſe with the breath into the lungs, loſe the fleame, and cauſe it to void eaſilie.

For thoſe that are troubled with the ſhortneſſe of breath, hauing their lungs drie; ſo that it is a continuall labour for them to fetch their wind: it is good firſt to take of my potion, now and then for a day or two, as much as will giue them three or foure ſcoles at a time; and afterwards to vſe the medicine before rehearſed made with malmeſie, in this order following.

Clarifie a draught of ale, and put therein the yelke of a new laid egge, and one ſpoonfull of the medicine, when you are readie to take it from the fire: and let the patient drinke it faſting, and faſt one houre after it.

Although thou haue béen troubled with this griefe manie yeares, yet if thou vſe this medicine, it will moiſten and open thy lungs or lights, and cure thée. Thou canſt not vſe it too long, for it is both a nutriment and a medicine.

In

In this sort also shalt thou greatlie ease them, which are entering into the consumption of the lungs. But if so be they will be cured, they must withall abstaine from all spices, wines, and salt meates, which fret or inflame their bodies. Also they must haue a great care, that they vse no violent exercise to ouer-heat their bodies; and that in coughing they straine their lights as little as possible may be, lest by violent coughing they teare them. Cheese, nuttes, and all rawe fruits also are verie euill for them. They can not haue to great care in their diet and vsage. For this disease is verie hard, and almost vnpossible to be perfectlie cured.

If anie man, by vehement labour or exercise, heate his bodie excessiuelie; and during his heat, either by drinking, by rest, or other means, suddenlie cole him selfe extreamelie; for the most part he falleth sicke vnto death: and if he scape, yet he remaineth weake and sicklie during his life. For nature misliketh nothing more, than a sudden passage from the one contrarie, which is extreame heat; vnto the other, which is extreame cold. Now, if the partie thus heating his bodie,

dw kéepe himſelfe ſo warme, that he abate the extreamitie by little and little; vntill he come to that ſtate, in which he was before his heat: then he falleth not ſicke, neither doth nature complaine at all. Wherevpon I thinke by great reaſon, and I am ſure by long experience I may conclude, that the beſt meane to cure a man in this extreamitie, is to bring his bodie orderlie againe to the like heat, wherin it was when he toke cold; and to ſuffer the ſame, ſome and ſome as it were by degrées, to paſſe awaie. Which thou ſhalt dw in this order.

Take a pint of ale, clarifie it, and diſſolue therein as much treacle as a walnut, and a ſpoonfull of the medicine before rehearſed, made with malmeſie. Let the patient drinke a good draught hereof warmed faſting, and kéepe his bed, and ſweat foure or fiue houres after it; and during his ſweat, now and then let him take of the ale thus prepared, vntill hée haue taken all. If it be a child, leſſe quantitie will ſerue: and in anie wiſe abate his ſweat verie gentlie, and beware he take no cold. For thrée mornings following, let him take one draught of the like two houres before he riſe, and kéepe his

bodie

bodie warme without ſweating.

☞ Note, if in the beginning of his ſickneſs, thou vſe the order preſcribed for the firſt daie, he will preſentlie recouer. But if he haue béene long ſicke, and ſo weake that he be not able to ſweat as before, there is no hope of life.

☞ Note, that if the patient be much bound; I wiſh thée to giue him fiue or ſixe ſpoonfulles of my potion, to eaſe and diſburden nature: and let him drinke oft mild and thin broath warme.

For a ſurfet by ouer-eating.

The eight Chapter.

When anie man, either by long faſting, being verie hungrie, or otherwiſe, comming to ſuch deintie meates as he is not vſed vnto, eate ouer-much, and cloieth nature; ſhe refuſeth to digeſt at all: like as one ſéeing a burden far too heauie for him to beare, doth not ſo much as once offer to lift it.

This griefe is in the quantitie of things taken. But there is also the like in the euill qualitie of meats, although they exceed

céed not in quantitie, as in eating of freſh herrings, fat pies, pie-cruſt, heauie cake-bread, and ſuch like: whereof eating but ſo much, as may well be eaten of better meats, oftentimes groweth great ſickeneſſe.

For cure, if the patient complaine, as yet the cauſe or matter of his griefe being in the ſtomach: giue him a draught of water warme as milke from the cow, with two ſpoonfulles of fallet oile, which will cauſe him to vomit: but if it worke not quickly, let him helpe it with his finger, by offering it to his throte. And after his vomit, giue him three or foure ſpoonfulles of a cawdell, or ſome broath reaſonable hot; and let him haue great care of his diet, for fiue or ſix daies following: firſt, that hée eat nothing but what is warme and eaſie to digeſt; nert, that he eate not at anie time much in quantitie.

But if the matter paſſe the ſtomach, with verie ſlight or no digeſtion, ſo that a vomit will not pleaſure him; giue him a draught of ſacke faſting, well burned, putting thereto as much treacle as an hazell nut, and ſugar as you thinke ſufficient; and let him kéepe his bed, and ſweat foure houres,

houres, more or lesse, as you thinke good, according to the strength of the patient: and in his sweat now and then let him take ale clarified with a little mace, wherin also dissolue some sugar. For thus shall you make perfect digestion, through the whole bodie, of that whereof he did surfet.

For the hart-burning.

The ninth Chapter.



Thinke it good, togither with the multitude, to content my selfe with the ordinarie name of this disease, which is, The hart-burning; although it be a disease of the stomach, and not of the hart. They which are troubled with this griefe, are for the most part at ease, after they haue eaten; but when their meate is digested, they feele a continuall heate or bitternesse in the mouth of their stomachs; they often belch, and haue a continuall readinesse (as it were) to vomit. In some it is of long continuance, in others it riseth vpon euerie light occasion, especiallie by eating of fat, salt, and cholerike meats.

As touching the cure, first I wish thee

to

to marke verie diligentlie, after what meats and drinkes thou art moſt troubled with this diſeaſe, & forbeare theſame. For aſſure thy ſelfe, that they are either verie vnfit to make good bloud, or otherwiſe thy nature hath ſome ſpeciall miſlike thereof. I wiſh thée alſo to take this for a generall rule, that what griefe ſoeuer thou maiſt helpe by good diet or abſtinence; in anie wiſe take no phyſicke for the ſame.

But if thy long euill diet hath laden thy ſtomach with hot, ſalt, and cholerike humors, which cauſe the hart-burning; then take of my potion for thrée daies euerie morning, ſo much as ſhall giue thée foure or fiue ſtooles. So ſhalt thou cleanſe thy ſtomach perfectlie, which is a verie ſufficient and perfect cure.

For thoſe which vomit continuallie after meat.

There are two ſpeciall cauſes of this diſeaſe. The one is, when the firſt veines, which receiue the nutriment from the ſtomach, are ſtopped. The other, when the bodie is long bound, and the excrement verie hard; ſo that the patient goeth ſcarſelie once in ten daies to the ſtoole. In ſome it groweth to ſuch extremitie, that they neuer

neuer go to the ſtoole; but that which remaineth after digeſtion, paſſeth from them by vomit.

For cure, take foure ſpoonfulles of my potion faſting, and if that worke not, take more the next daie; and ſo forth, alwaies increaſing the quantitie, vntill it worke.

The next daie, after it hath wrought, boile a pint of good white wine, with one handfull of parſelie, a quarter of an houre or better; then ſtraine it, and put thereto a little ſugar: and let the patient drinke a reaſonable quantitie thereof warme, and keepe his bed, and ſweat three houres; and during his ſweat, let him take now and then more of the ſame, vntill he haue taken all.

Afterwards, let him take faſting, ſo much of my potion as will giue him one ſtoole a daie. This he muſt continue in ſuch ſort, that he ſuffer not his excrement to ſtaie long, or to drie in his bodie; but that he be alwaies ſoluble.

☞ Note, the white wine thus prepared, togither with the ſweating, openeth the firſt veines, and maketh good paſſage into the bodie. The purging diſſolueth, and draweth downe the excrement, and ſome

and ſome

bringeth nature to hir vsuall course: also cleanseth the stomach of such corruption, as happilie is some cause of the griefe.

For those that haue no appetite to meate.

The tenth Chapter.

THere are diuerse causes of this disease: but I will rehearse onelie two, which are most vsuall. The one is, when the first veines do not sucke, which is their naturall action, whereby they receiue food for the whole bodie; and this is found in men of diuerse constitutions. The other is proper vnto fat and grosse bodies, which are alwaies stuffed (as it were,) and so full, that nature seemeth contented with that she hath, and hath little desire of more.

For cure, take of my potion euerie daie as much as will giue thée two or thrée stooles, and in few daies thou shalt feele thy selfe exceeding hungrie. But if thou haue not good appetite presentlie after thy purging, take white wine boiled, in such sort as in the chapter before is prescribed.

¶ For those, who are troubled with the gnawing of the stomach or guts; also for the collicke and wind, and all corruption which causeth wind.

The eleuenth Chapter.



These griefes rise of such corrupt and slimie humors, as cleaue to the inner part of the stomach and guts; & are thus verie easilie to be cured.

Take of my potion so much as shall giue thée three or foure stooles a daie, for fiue or six daies, more or lesse, respecting the age and bodie of the patient. For when his stomach and guts are cleansed, he is verie perfectlie cured. Then learne to auoid all windie and slimie meats, whereby thou shalt be able to preuent these diseases. I muse at the madnesse of such as in this case vse pepper, ginger, and other hot spices; also coriander séed, or anie thing of like nature. For that in reason it is far better to take awaie the matter of the disease, in such sort as I haue said, than to ioine one contrarie with another, and to let them both remaine. These hot things

are

are fitter to warme a cold stomach, and to make it apt to digest, being moderatelie vsed, than to clense it being full of corruption; and good chieflie for those who are in yeares, and haue naturall heat so decaied, that by art they are forced to seeke helpe where nature faileth.

¶ For the Rheume.

The twelfe Chapter.

FOr the Rheume I chieflie prescribe thee these rules following; for that the cure thereof consisteth more in the patients owne good gouernment, than in much taking of physicke.

The first rule.

Vse labour and exercise: for thereby thou shalt stir vp naturall heate, and consume the watersh humors, which cause the Rheume; but if the weather be such as thou canst not go abroad, either tosse a great yearne ball against a wall, or driue a great woodden top in some conuenient place; for both these are verie good exercises. Vse them twise a daie, and continue alwaies one houre, but make an end an

houre before meate, and in the beginning as also a little before thou end, vse gentle labour, that thou abate thy heate by little and little. This is the chiefe and principall meane, both to preuent & cure this griefe. Which doth appeare manifestlie; first, for that they, who labour much, are neuer troubled with the Rheume. Nert, that students, and such as vse little stirring or motion of their bodies, are most subiect thereto: for while they sit still, the outward parts of their bodies are cold; so that their bloud, togither with other humors, remaine within. Neither haue they anie such euacuation by the pores, as nature requireth, to consume the Rheumatike humor, which then seeketh another vent: and either the patient is forced to spit it out, or else it runneth out at his nose, or thirdlie, it stilie trickeleth into the lungs. Here also maist thou gather, whie students are commonlie so leane; for by neglecting exercise, which should disperse the bloud, they starue the outward part of their bodies.

The second rule.

Fæd most vpon hot meats, and especiallie such as are well rosted; for hot meats warme

warme the ſtomach, and ſtir vp naturall heat through the whole bodie, which digeſteth the humors; chiefly, if at thy meate thou talke and be merie.

The third rule.

Keepe thy head and necke warme, and thy feet drie.

The fourth rule.

Drinke little, and touching thy drinke alſo, obſerue theſe rules following.

1 Let thy drinke be reaſonable ſtrong, and not ſmall in ante wiſe: for the ſmalleſt drinke is moſt watereſh. And if thou take of that continuallie from time to time, which yeeldeth alwaies new matter of thy diſeaſe, it is verie hard for thee to haue helpe.

2 Either drinke not at all, or verie little toward the end of thy meales: for ſo ſhalt thou ſuppreſſe the moiſture, which otherwiſe would aſcend.

3 Let not thy drinke be ouer ſtale, ſower, or ſharpe.

4 Drinke not white or Rheniſh wine.

5 If thou drinke Claret wine, firſt loke it be no ſmall or hedge wine; nert take it well ſugered, and in the middeſt of thy meat one draught.

There are diuerſe other rules, but I will not perſuade thée to anie curious obſeruation of the ſame: yet will I rehearſe them, leaſt I ſhould ſéeme either to be ignorant thereof, or otherwiſe to contemne that which is allowed of the learned.

The ſixt rule.

6 Faſt and watch. The reaſon alledged is, that both theſe drie the bodie. But theſe alone being obſerued, rather hurt than helpe. Whereof I take witneſſe of earneſt ſtudents, which riſe earlie, faſt long, eate little, and ſit vp late; yet moſt troubled with the Rheume of all others. Therefore in ſtéed of theſe, eate frælie, but drinke ſparinglie; alſo ſléepe hard, but lie verie warme: for then is thy bodie in like ſtate as when thou vſeſt exerciſe. But watching is vnnaturall, maketh a drie ſenſeleſſe braine, cauſeth ſore eies, and a cold waterish ſtomach, which are worſe than the Rheume.

The ſeuenth rule.

7 Kéepe thée in a warme aire, and go warme.

The eight rule.

8 Hold thy breath hard now and then, which forceth the blond to the outward

parts

parts of thy bodie, and turneth withall the course of the Rheumatike humors.

The cure.

Now, to helpe those which afterwards by these rules meane to continue their health themselues, (for otherwise it is but vaine to seeke helpe.) First I wish them to take of my potion two daies, and so much at a time, as will giue them six or seuen stooles. The third daie towards bed, burne a good draught of sack, with a branch of rosemarie; and when you haue done burning of it, presentlie brue it with a good quantitie of sugar, and the yolke of a new laid egge. And let the patient drink it in bed, and keepe his bodie verie warme all night: for so shall he digest and consume the Rheumatike humors. Vse this three nights togither.

☞ Note, if he be a thin leane bodie, and full of bloud, either delaie the sacke the better with sugar; or vse ale in steed of sacke, least the sacks inflame his bloud.

For the yellowe Iandise, and stopping of the liuer.

The.13.Chapter.

THe yellowe Iandise proceedeth of choler, mixed with the bloud, and therewith also dispersed ouer the whole bodie. There are diuerse causes of this disease, which make diuerse kinds thereof.

1 The first kind is by the biting of some venemous beast, whose poiſō ioineth with the bloud, and maketh the same cholerike.

2 The second kind is chiefly in the declination, or going awaie of an hot Feuer: for when nature hath got the vpper hand, she disperseth the yellowe choler, which was the matter of the Feuer, and driueth it out of the bodie, by vrine, by stoole, and by the pores; which are the three speciall and most naturall meanes, whereby she emptieth the bodie. So that in this kind, the skin, which is full of pores, or insensible holes, the vrine and excrements of the patient are verie yellowe.

3 The third kind is through the inflammation of the liuer, which being ouer hot, worketh too vehementlie vpon the nutriment, which it receiueth, and conuerteth it not into good bloud, according to his office and

and dutie: but it ſelfe being diſtempered into a matter of like heat, which is choler, or rather verie cholerike bloud.

The fourth kind is through the weakneſſe of the gall, which is not able to ſucke or drawe from the liuer the cholerike humors; but ſuffereth them togither with the bloud to paſſe into the bodie: which thereby is coloured yellowe. 4

The fift kind is through the obſtruction or ſtopping of the veſſelles, that are betweene the liuer and the gall; which being ſtopped, the choler cannot paſſe into the gall, but is carried with the bloud into the bodie, and ſtaineth it. 5

The firſt kind is through the obſtruction of the paſſage, from the gall, into the bowels; for that being ſtopped, the gall is not able to emptie it ſelfe. But the choler is repelled, and palleth backe into the bodie, which otherwiſe ſhould colour and ſtaine the excrement yellowe. In this fift and firſt kinds therefore, the excrement of the patient is white; alſo he feeleth an heauines in his right ſide. 6

Theſe two laſt kinds of Iandiſe are moſt common, which are thus to be cured. As for the reſt, I write nothing. For (to

confeſſe

confesse a truth) since I knew the vse of the roote of the white vine, otherwise called Brionia, a thing not knowen, and yet of speciall vertue, I neuer vsed other meane to cure the Iandise.

Whereby I gather, that either altogither, or most commonlie, the griefe riseth of obstructions. Take of the roots of Brionia halfe an ounce, and of parselie halfe an handfull: boile these verie gentlie in a pint of white or Rhenish wine, halfe an houre, close couered; then straine it, and let the patient drinke a good draught thereof reasonable hot, fasting, and keepe his bed, and sweat three or foure houres, as the continuance of his disease doth require, and his strength will permit, which I referre to his owne discretion. And during his sweat, let him drinke of the rest, vntill he haue taken all. And if he desire to drinke yet more in his sweat, giue him ale clarified, putting thereto one whole mace, and a little sugar.

☞ Note, the more he sweateth and drinketh; the more the vessels stopped are opened, the matter digested, and his Iandise the sooner cured.

The next daie take so much of my poti-

on,

on, as will giue thee ſeuen or eight ſtooles: for thy ſweating doth but open the veſſels, and digeſt the corruption which lieth in them: but the purging doth take it awaie. It were alſo more agreeing with phyſicke and reaſon, if thou purge a little, before thy ſweating, to cleanſe thy ſtomach and guts; leaſt ſuch corruption as lieth there, be caried into the bodie. But in the meaner ſort, who euer do expect ſudden helpe, I haue often omitted the firſt purging; yea, and ſometimes alſo, they feeling eaſe, haue neuer ſought for the ſecond.

☞ Note, if the Iandiſe in ſhort time after ſhew not it ſelfe perfectlie cured; let the patient ſweat againe as before.

☞ Note alſo, hereby thou ſhalt cure the obſtruction of the liuer.

For the blacke Iandiſe, for the hardnes and ſwelling of the ſplene or milt, alſo for the Piles.

The.14. Chapter.

LIke as the yellowe Iandiſe proceedeth of choler; ſo the blacke Iandiſe of melancholie, which ioining with the bloud,

bloud, is disperſed ouer the whole bodie. It is knowne by diuerſe ſignes, but chiefliе by this, which will ſerue for all. They that are troubled with this diſeaſe, haue alwaies drie, withered, and blacke bodies. It is verie hard to be cured, and requireth great diligence of the patient: for melancholie is a verie ſtubborne humor, and (without great digeſtion) will not yeeld to anie purgation whatſoeuer.

For cure, take Ceteracke, the inner rine of the aſh, the rots of the white vine, parſelie: of each foure ounces. Boile theſe gentlie in three gallons of wheie clarified, one houre at the leaſt, and being cold, keepe it in ſome cleane veſſell, vntill the ſame be well ſetled.

Take hereof well warmed a great draught or two, euerie morning faſting; for thou canſt not take too much: and walke after it, vntill thy bodie be hot; or elſe vſe ſome other exerciſe, to ſtirre thy bloud, that the wheie may be the better diſperſed within thy bodie. Take it at the leaſt thirtie or fortie daies togither, eſpeciallie in the Spring & Fall. But alwaies remember to take ſo much of my potion with thy wheie, as will giue thee dailie one

ſtole

stole more than ordinarie.

☞ Note, that the wheie thus prepared doth digest, some and some the melancholie; and the potion doth take it awaie from time to time, as it is made fit to be purged.

☞ Note also, that it is good for thée to annoint thy left side about thy girdle-stéd where the splene lieth, with oile of wormewood warmed, or oile of Brionie, which is far better.

☞ Note thirdlie, that in this sort thou maist cure the swelling and hardnesse of the splene; also the Piles, or Hemorrhods.

For the greene Sickneſſe.

The. 15. Chapter.

THis disease happeneth, when the liuer is also weakned, that it is not able to conuert the nutriment into blond; but the digestion thereof is so rawe, that the whole bodie is filled with water, and fleame, in stéd of good blond. It is found most in maidens, who either of follie desire to abate their colour, and to be ouer fine; or otherwise of childish appetite féed vpon such

such things, as change the state of their bodies, which are these: apples, pears, plums, cheries, and generallie all rawe fruites and hearbs; also, otemeale, wheat, barlie, rawe milke, and manie other things of like nature.

They that haue this disease, are verie pale and grœnish: if they chance to cut a finger, no bloud, but water will rather followe. They fœle a great paine in their heads, with a continuall panting, or beating. They are faint also, with shortnesse of breath, and haue their naturall course staied.

For cure, take of my potion, for foure or fiue daies, euerie daie so much as shall giue thée fiue or six stooles. The nert daie after thy purging, boile halfe an ounce of the roots of the white vine, in a wine pint of ale gentlie, a quarter of an houre, and drinke a good draught thereof, and kéepe thy bed, and sweat thrée or foure houres, more or lesse; as the bodie of the patient will beare: and in thy sweating, drinke of thy ale now and then, vntill thou haue taken all, or as much as thou canst.

The daie following, take a good draught of thy ale in like sort prepared, one houre

before

before thou rise, & keepe thy bodie warme without sweating: vse this last order twelue daies. But it were farre better to walke after thy draught, or to vse some other exercise, whereof I haue spoken in the chapter for the Rheume, for one houre to heate and stirre the humors in thy bodie. Vse withall, onelie meates of good nutriment and easie digestion, and thou shalt haue verie spædie helpe, and also perfect health.

For the quotidian Ague, which commeth euerie daie.

The.16.Chapter.

TAke Centurie, Borrage, and Betonie, of each three handfulles, Fumiterræ one handfull, Iuie berries one pint. Chop all these verie finelie togither, and put them into a faire stillatorie, with one pint of white wine, and distill them with as gentle a fire as is possible, vntill thou haue all the water, which keepe in a glasse close stopped with yellowe war.

For the quotidian Ague, let the patient take seuen or eight spoonfulles of this water

water warmed, two houres before his fit, and keepe his bed, and sweat three or foure houres; & in his sweating, let him drinke ale clarified reasonable hot, now and then, and into euerie draught put two spoonfuls of the water.

The next daie in like order two houres before his fit, get him into a sweat; and do in all things as before.

☞ Note, that the water is more perfectly made, if the things be first digested in a close vessell, in Balneo Mariæ, or Fimo equino, eight or ten daies.

☞ Note also, that these things orderlie done, and the patient well kept from the aire; the Ague is cured in two daies. But if by some ouer-sight, it chance to continue longer, begin againe, and vse the like order for two daies as before.

☞ Note thirdlie, it will be more easilie cured, if thou purge before thy sweating, with so much of my potion as will giue thee fiue or six stooles.

If a child be sicke of a quotidian or tertian ague, which being yong will not be perswaded to take inward things; take an ounce of the roots of the white Vine, beate them to pouder; also take halfe so much

wheate

wheate flower, and boile both in a little milke vntill it be thicke; then lay it vpon two linnen clothes, and bind it warme to the wrists of the child; when it is drie, take fresh. In foure daies for the most part the ague is thus cured, it helpeth much also for all others, and in all agues.

For the quartan Ague.

The. 17. Chapter.

The quartan Ague is a disease so hard to cure, that it hath beene alwaies accounted the reproch and shame of the Physicians. For it resisteth the force of all their vsuall medicines, and doth in despite of them triumph ouer their patient. Wherfore I shall now take a hard matter in hand, and I knowe my slender receipt shall be greatlie suspected, for the working of so rare an effect. But notwithstanding, being greatlie encouraged by experience, and reason hir good Ladie & gouernesse; I will boldlie proceed herein.

Take on thy two good daies, euerie daie so much of my potion fasting, as will giue thée six or seuen stooles: the third daie,

which is thy fit daie, passe ouer, as thou thinkest good: for I prescribe thée nothing.

The fourth daie, take of the water, whereof I spake in the chapter before, a reasonable draught warmed, earlie, and keepe thy bed, and sweat moderatlie fiue or six houres; and during thy sweat, drinke now and then ale clarified warme, and into euerie draught put thrée spoonfulles of the water. Use this order foure daies togither.

If the quartan forsake thée not in that time, (which I thinke almost impossible) vpon thy nert fit daie, two houres before thy cold, take the like quantitie of the water as before, and sweat vntill the time of thy cold be past; and in thy sweat drinke ale clarified, as before also. Use this order thrée times, onelie vpon thy fit daies.

After thy fits haue left thée, take ten daies togither of my potion, so much as will giue thée dailie two stoles.

☞ Note, that this water being dispearsed in thy bodie, by naturall heat stirred vp in sweating, doth in wonderfull sort ripen and digest the matter of the quartan Ague: so that it far excelleth all the preparatiues of the world. For thereby alone

alone I haue cured manie, without purging; but it is far better to purge.

For the tertian Ague, which commeth euerie ſecond daie.

The. 18. Chapter.

TAke of Centuarie ſix handfulles, Endiue twelue handfulles. Diſtill theſe with a verie gentle fire, and keepe the water cloſe ſtoped in glaſſe; but let the glaſſe be but halfe full, for ſo it will keepe the better.

For cure, firſt let the patient take ſo much of my potion, as will giue him fiue or ſix ſtoles on his good daie: the next daie, two houres before his fit will come, giue him a reaſonable draught of the water warmed well, whereunto ad a little ſugar, and let him keepe his bed, and ſweat three or foure houres. And in his ſweat, let him drinke ale clarified; and in euerie draught of ale, put two or three ſpoonfulles of the water. Vſe this order alſo the ſecond fit; and thou ſhalt giue the Feuer ſuch a checke, that it dareth not aſſault the patient anie more.

Be carefull, and thou mateſt cure manie extreme hot Feuers with this water, euen in one fit. But after the fits be gone, purge; and ſo ſhalt thou deale verie orderlie. Thou maiſt make a water of Celondine alone, which will cure the quotidian, tertian, and quartan Ague, in this ſort. Take this herbe when it bloweth, and is in greateſt force, chop it verie ſmall, and digeſt it in a cloſe veſſell of glaſſe ten daies, in Balneo Mariæ; which done, thou ſhalt find it blacke, and of a verie ſweete and pleaſant ſauour, then diſtill it with a gentle heat; and when in thy iudgement thou haſt halfe the water, take it awaie, & keepe it by it ſelfe, then increaſe the heat of the fire, and get as much more water as thou canſt. Theſe waters are to be vſed as the others, whereof I haue ſpoken in the cure of theſe Agues; but the firſt water being of the colder nature doth cure onelie the tertian, the ſecond being hotter, cureth the quotidian and quartan.

(.·.)

For

For the Plague.

The. 19. Chapter.



Here be three ſpeciall cauſes of this diſeaſe. The firſt is the iuſt iudgement of GOD, for the ſinnes of the people: and herein I conſent with the Diuines, that in this caſe the plague commeth as it were by the commaundement of GOD; and then in vaine worketh the policie of man vnto health, where the power of the almightie worketh to deſtroie. Wherefore repentance, and amendment of life is the onelie ſalue for this ſore. Yet withall, for that we are ignorant of the determination of God; I wiſh no man to omit ſuch naturall means, as he hath prouided for preſeruation of our naturall bodies; leaſt thereby he tempt him.

The ſecond kind proceedeth of the corruption of the aire, which is of two ſorts; the one generall, the other particular. The aire is generallie infected, by the diſtemperature of the heauens, which thou ſhalt knowe in this ſort. The weather is long

darke, cloudie, foggie, ſtifeling, verie hot and moiſt: alſo our bodies faint, we loath the breath we draw, for it bringeth a moſt ſenſible and preſent offenſe; it is hard to keepe fleſh ſweet; little frogs and toads, alſo flies, lobcheſters, and wormes of ſundrie ſorts (ſuch as commonlie proceed of putrifaction) do greatlie abound: and to conclude, the heauens do as it were refuſe to drawe the corruption from the earth; but rather ſeeme to yeeld downe againe ſuch as they had taken away before.

The aire is particularlie infected, by the ſauour of dead carcaſes; as it happeneth oft in battell, where manie are ſlaine, and lie vnburied: which infecteth the particular place, onelie where the bodies lie; alſo, by the euill and putrified ſauour of a fen or mariſh ground, or ſuch like.

And further, by the breath and ſauour of the bodies of ſuch, as throng togither in a tainting or ſtifeling ſort, eſpeciallie in ſome cloſe or ſluttiſh place. As it happeneth (no doubt) often in London, and ſuch like cities of great reſort; that many lodge togither in one ſmall roome, hauing perhaps as manie beds as the place will well containe. And then, after one houre or two,

how

how maie anie of these drawe fresh or sweet breath; but such as his fellows haue drawne often before, as also the ranke fume of their bodies? Both which are so contrarie to nature, that some & some with continuance, they infect the vitall spirits, and breed such corruption as bursteth out to the plague. The third kind of plague riseth of the corrupt humors in mans bodie, by euill diet ingendred. And these last sorts come by the permission of God, like as the first by his commandement.

To preuent this heauie griefe, first I wish one old order to be renewed; which was, to make fires in all great cities and townes in the open streets, vpon certeine daies euerie yeere; which no doubt doth greatlie cleanse and purifie the aire. And although this order was diligentlie obserued by the followers of the Pope; yet I thinke they did it rather of policie, than of religion, and therefore being good, it is not to be reiected.

Secondlie, I thinke it verie necessarie for citizens, & such as liue in a close aire, now and then to assemble themselues together in the fieldes, in some sweet and open place, there also to vse moderate exer-

cise; which will greatlie purifie their bodies: and in the meane time to leaue a good huswife at home, to see the house made cleane and sweet, by sweeping, by strowing good herbes, by airing the bedding, by opening windowes, to let fresh aire into euerie roome, &c.

Thirdlie, I wish that through all London, in euerie ward, there may be certeine appointed to see, that no house, or roome within anie house be ouer-pestered with lodgings or people, and to driue out of the citie, such as vpon examination they shall find to be vagabonds, or vnnecessarie members. For this is no lesse requisit for such a citie, than a purgation for him, whose bodie is full of corruption.

For cure, take Endiue water a quart, Centuarie water a pint; Iuie berries, halfe an handfull bruised. Boile these together gentlie a quarter of an houre; and when you take it from the fire, dissolue therein as much treacle as a nut, and a little sugar, also put thereto three spoonfulles of vineger.

As soone as euer the patient doth complaine, and nature being yet strong, giue him fasting one good draught thereof warme,

warme, and let him keepe his bed, & ſweat ten houres or leſſe; as the ſtrength of the patient will beare. And in his ſweating, giue him now and then ale clarified, and into euerie draught put two or three ſpoonfulles of the decoction. When he riſeth, giue him ſome broth, not made ouerſtrong, neither with much ſpice; and be verie carefull to keepe him from the aire. This decoction thus vſed, will either force out the ſore: or elſe, if the patient ſweat throughlie well, cure him without anie ſore. And if thou find he be not greatlie eaſed within eight houres after his ſweating, the next daie vſe the like order.

But whereas, in this, and diuerſe other diſeaſes, heretofore I haue preſcribed the patient to drinke in his ſweating; I knowe it doth not agree with manie writers: neither do I take it to be abſolutelie good, but herein rather I admit a ſmall euill to auoid a greater.

¶ For the Crampe.

The.20.Chapter.

FOr the Crampe I wiſh you to vſe Vnguentum Brioniæ, by which name aske for it of Maiſter Graie,

Graie, warme it well, and annoint the place where you are commonlie troubled, and rub it vntill it be drie, by the fire side. It is a verie present helpe; once or twise annointing will serue for a long time.

This is also of maruellous force for sinewes that are shronke, and stiffe ioints: and good for those, which haue their faces drawne awrie, or anie other conuulsion: it is at six pence the ounce.

For burning and scalding.

The.21.Chapter.

TAke of your ordinarie graie sope, & annoint the place burned or scalded presentlie: once anointing will serue, if you take it as soone as it is done, both to take awaie the fire, and to heale it, without anie further matter. Assuredlie, it far excelleth all other medicines. I haue often seene such helpe hereby onlie, as before I thought impossible. But if it be not within a quarter of an houre or lesse annointed with sope; then take goose grease, which hath beene kept from salt: for it must be such in anie wise, and annoint the place therewith well warmed twise a daie; for this

this alone will heale it, and so, that it shall neuer be seene, except it be burned verie deepe.

For a fellon and whitblowe.

The. 22. Chapter.



Take wine vineger, and wheat branne; boile them togither in such quantities, as you thinke good, till it be thicke, alwaies stirring it well: it is made in halfe a quarter of an houre. Spread it thicke vpon a linnen cloth, and laie it to the fellon, and aboue it, as hot as the patient can well abide. Dresse it once in twelue hours. Vse it three or foure daies, or longer, if the fellon hath beene of long continuance. The like order, but lesse time will serue to cure the whitblowe, or an angrie and burning swelling. It draweth out the corruption, being applied hot, and driueth it not in, although the vineger be cold. If the vineger be verie sharpe, so that it will get off the skinne; annoint the place first with a little sweet oile lightlie ouer.

For a Ringworme, Tetter, and such like.

The

The. 23. Chapter.

TAke the iuice of Celondine, and bath the place twise or thrise a daie, and in verie short time it will helpe thée.

For the Toothach.

The. 14. Chapter.

TAke the iuice, or rather milke of the garden spurge, and temper it with wheat floure, vntill it be an hard passe or dowe. If thy toth be hollowe, put the quantitie of a barlie corne thereof into it; also put of it in a cloath, and laie it to thy iawe or gummes.

But if thy bodie be verie moist, & rheumatike withall; then I referre thée to that chapter, where I haue spoken of the rheume; for in that case is required a more generall euacuation or emptieng of thy bodie.

Of the disease, wherewith our wantons of England are troubled.

The. 25. Chapter.

THere is yet one other disease, whereof it is verie requisite to speake; wherewith our wantons

of

of England are much troubled. For (not respecting the force or helpe of nature) if they feele neuer so small or light a griefe, they must presently to physicke; vntill they haue so filled their bodies with drugs, that they are sicker of their physicke, than of anie disease. In this griefe a little more wit will be a present helpe: for so shall they haue heauier purses, lighter hearts, and sounder bodies.

For the wormes of all sorts.

The.26.Chapter.

TAke of the powder of Centuarie leaues, one ounce, powder of Sen. Alex. halfe an ounce, wormeseed finelie beaten one ounce; then take good malmesie a quarter of a pint or better, of the best honie 3. ounces; dissolue the honie in the wine with a gentle heat, and then put in all the powders, and stir it well togither, which done, put it into a cleane bladder, knit it close, and hang it in the chimney vntill it be an hard lump. You may vse it as the wormseed alone is commonlie vsed, giue a child the weight of a groat at a time, to the elder sort more as you thinke good, it killeth the

the wormes, and causeth them to void.

For those which haue their health.

The.27.Chapter.

HE which hath his health, and would so continue; I wish him either to forbeare, or little to vse those things which greatlie digresse from that constitution or mediocritie, in which man is created. Our Physicians do call euerie thing hot or cold, in respect of the nature of man. For if it be somewhat hotter than his nature, then it digresseth, & they terme it hot in the first degrée; if yet hotter, hot in the second degrée; and in like maner to the third, and fourth. Which because it doth so far exceed his constitution, by dailie proofe is found to be vnto him flat poison. The like consideration on the contrarie side haue they of cold things. Whereby you may gather, how like alwaies desireth like, and abhorreth the contrarie. The things which are like, & best agrée with the nature of man, are good holsome vsuall meats & drinks; a drie fresh and swéet aire; moderat slépe and trauell, or labour; which although it were

were allotted to vs as a punishment by God, yet mercifullie withall he hath made it a meane to preserue our health. The things which greatlie disagree, are wines, spices, salt meats, & all verie hot things: which thou shalt know by taste. For either they bite like pepper, fret like salt, or else shewe some manifest great heate in the mouth. Also on the other side, all rawe fruits, and cold herbs, with diuerse things of like nature. Much vse of sawces, deuised by bellie-gods; whome God hath punished, as much by want of appetite, hauing meat at will; as the poore by want of meat, hauing good appetite. To liue in a thicke or foggie aire, to liue idelie, and to exceed in eating, drinking, sleeping, watching, or venerie.

I would not haue anie man to thinke, that I do vtterlie condemne all verie hot and cold things: but seeing they are rather of the nature of medicine than nutriment, I wish them to be verie discreetlie and moderatlie vsed. For hot things are to be vsed when a mans bodie is ouer cold, and cold things when his bodie is ouer hot, but to vse either, the bodie being not distempered, is meere madnesse.

Now

Now further, forsomuch as all men are subiect vnto death, and our bodies (as yelding thereunto) from time to time alwaies gather corruption: to preserue our health as much as may be, vntill we haue run that race which God hath appointed, I commend vnto you this receipt.

Take Borage and Parselie, in like quantitie: boile them in whey clarified, and keepe it in some earthen vessell. Vse of it warme, in the Spring especiallie, euerie morning fasting, a good draught and in euerie draught, take so much of my potion as will giue thee two stooles a daie, more than ordinarie. Some may vse it ten daies together, other fiftéene, or twentie; as the bodie doth require. By this meanes thou maist preuent manie diseases, and keepe thy bodie in verie good state. It maketh women apt to conceiue; if (during the taking hereof) they liue chaste: and it hath manie other speciall vertues, which for breuitie sake I will omit.

FINIS.

